

Store cupboard ideas

It is useful to have a store of basic foods. The lists below provides some simple cupboard suggestions:

Meat, fish and alternatives

- Canned meat or fish e.g. corned beef, sardines, salmon, tuna
- Ready meals
- Chickpeas, lentils, beans/baked beans, packets of tofu

Fruit and vegetables

- Tinned fruit and vegetables
- Packets and pots of fruit including dried
- Canned soups

Milk, dairy and alternatives

- Long-life, dried, evaporated or condensed milk
- Cans, packets or pots of milk puddings
- Cheese in squeezable tubes

Drinks

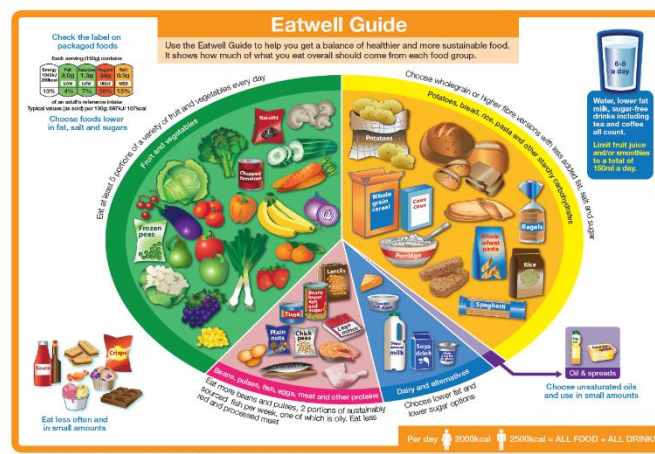
- Drinking chocolate and malted drinks such as Horlicks or Ovaltine
- Long life fruit juice, fruit squash enriched with vitamin C

Cereals and starchy food

- Breakfast cereals, porridge, breakfast drinks
- Crisp bread, flatbreads, crackers, oatcakes and biscuits
- Pasta, rice, spaghetti

Other items

- Rich fruit loaf, tinned sponge puddings
- Peanut butter
- Dried soups and sauces
- Stock cubes, meat and yeast extracts
- Herbs and spices
- Sugar and flour





Freezer ideas

- Freeze extra portions of homemade meals
- Frozen meat, Quorn or fish
- Ready meals such as stews, lasagne, chilli, pizza and curries
- Breaded fish/chicken
- Bhajis, samosas, pakoras, falafel
- Liquid stock such as vegetable, meat or fish
- Frozen chips, potato waffles, mashed and baked potatoes
- Bread, rolls, bagels, tortilla wraps, chapattis, naan bread
- Frozen fruit and vegetables
- Ice cream, frozen yoghurt and frozen desserts

Special dietary considerations

Special dietary consideration must be considered. Please seek further guidance on how to adapt suggestions to meet your dietary needs:

- Exclusion diets such as nut-free, gluten-free or lactose-free diets
- Vegetarian or vegan diets
- Textured modified diets to manage dysphagia or manage swallowing difficulties
- Religious or cultural restrictions
- Fortified foods to meet nutritional needs for people with a poor appetite or unintentional weight loss

Remember!!!

- Only buy foods that you like and will use
- Always store and cook food according to manufacturer's instructions
- Always check 'use by' and 'best before' dates on foods in your cupboards and fridge
- Use food that goes out of date first to avoid wastage

Staying hydrated

- Aim to have 6-8 cups/glasses of fluid a day or 1,600-2,000ml a day to keep well hydrated
- Water, squash, juice, milky drinks, tea, coffee
- Fluid-rich foods such as soup, soft fruit, jelly, ice lollies, milkshakes
- Be caffeine free after 3pm to help aid sleep
- Limit your alcohol consumption